

ABSTRACT

A display of the quantities of bone, water and/or muscle and a pulse health instrument in which the weight of bone or the weight rate of bone, the quantity of water and/or the quantity of muscle are measured and displayed to serve for sound diet and health management. Body fat rate is calculated by measuring the body impedance, quantity of bone, weight of bone, weight rate of bone, quantity of water and/or quantity of muscle are calculated based on the body fat rate and personal information inputted from a user, e.g. sex, age, height, body weight, length around wrist, length around ankle, and the like, and the results are displayed at a display section 105. Furthermore, the type of quantity of bone based on the correlation between the weight rate of bone and the body weight is judged and displayed in the matrix display region 111 of the display section 105.